

Warning Signs of Stress at Work

Your body sends out physical, emotional, and behavioral warning signs of stress overload. Pay attention to these signals that you need a break. Please seek medical attention to rule out other causes of physical symptoms before attributing it to stress.

Physical warning signs:

- Tension headaches
- Neck pain
- Chronic back pain
- Chronic fatigue
- Weight gain or loss
- Problems with sleep
- Stooped posture
- Sweaty palms
- chest pain or discomfort
- problems with digestion
- nausea
- shaking
- sweating
- dizziness
- numbness or tingling

Emotional warning signs:

- Anger
- irritability
- Inability to concentrate
- Unproductive worry
- Sadness and periodic crying
- emotional fatigue or numbness
- impatience
- memory issues/forgetfulness
- Frequent mood swing

Behavioral warning signs

- Overreacting
- decreased productivity
- concentration problems
- Acting on impulse
- Using alcohol or drugs
- Withdrawing from relationships
- Constantly moving but not getting things done
- Absenteeism
- Boredom
- Alienation from coworkers
- Low morale